



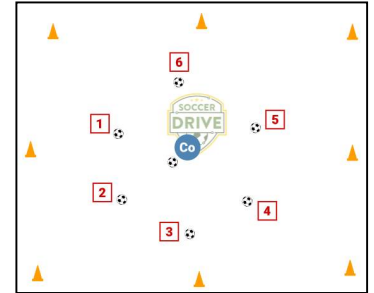
**Schoolyard Division
Skills Development Program – Week 1**

Warm Up – Stretch – 2 minutes – Jumping Jacks, Touch their toes, High Knees

12 Min - Station #A: Touching Soccer Ball + Toe Taps - Set up cones in large square form...20 - 30 yards apart.

Have players go to an empty space – keeping 6 ft. distance.

- Pretend to be Kangaroos** - Have players spread out in area. Have players jump over their soccer ball. Then have them jump back over their ball.
Have players jump over other players soccer balls. How many can they jump over?
- Pretend to be Rabbits** - Have players start by touching ball with their right foot bottom of toes, then they switch to left foot bottom of toes.
Have players keep doing this slowly, say right foot, left foot until they get comfortable.
Have players hop with right foot bottom of toes, then hop with left foot bottom of toes.
How may toe taps can they do without stopping?

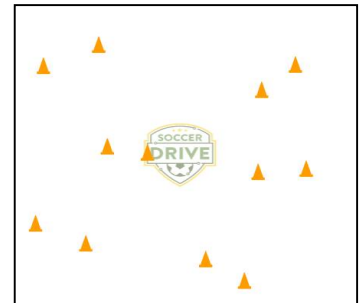


***** **Water Break – 2 minutes** *****

12 Min - Station #B: Dribbling/Turning - Set up (6) gates with cones. Zookeeper Theme.

Introduce dribbling to kids by using their laces to dribble. Have them use the side of their feet to turn with the soccer ball. Teach them to use outside of their foot to turn the ball.
Teach them to dribble and look where they are going.

- Pretend to be Lions** – Have players start on perimeter and escape from the zoo by dribbling through the gates. How may gates can they dribble through to escape.
- Zookeeper** – have kids go through gates before zookeeper catches them and puts them back in the zoo.

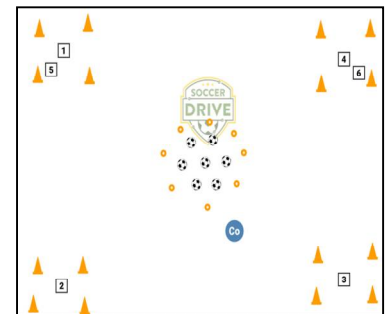


***** **Water Break – 2 minutes** *****

12 Min - Station C: Dribbling/Conditioning - Set up 4 squares on each corner with cones.

Have kids place their soccer balls in center of the grid. Then have kids go in one of the squares. Spread them out evenly within the squares.

- Kids Pretend to be Zookeepers** – Kids go get the rabbits that escaped from their cage and bring them back into the cage(square) where they started from. Demonstrate to them how to do.
- Kids Pretend to be Specific Zookeepers** – Kids now start in center of grid and coach tells them which cage to put their soccer ball in. Name each square so kids know (Lion, Rabbit, Kangaroo, Tiger Cages). Coach calls out specific cage and kids must take their soccer ball into that cage.

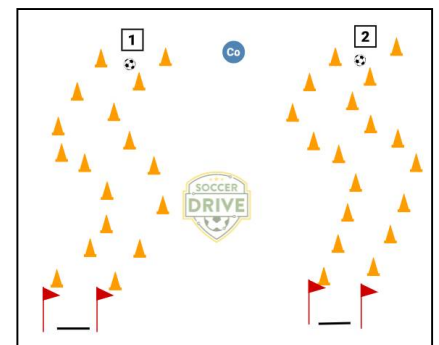


***** **Water Break – 2 minutes** *****

12 Min - Station D: Conditioning - Set up 2 race lanes with cones, put flags at finish lines.

Have kids start at the beginning of the lane and run through the lane to the finish line. Demonstrate with kids how to go through it. You can have them all form a line and follow you around the lane so they understand how to go through it.

- Race Cars** – Kids race through the lanes to see who wins the race.
You can do 1 kid per lane or 2 kids per lane.
- Race Cars with soccer balls** – Kids race through the lanes to see who wins the race while dribbling their soccer ball.
You can do 1 kid per lane or 2 kids per lane.
You can also race the kids – see if they can beat the coach.



Give out Award Pins (2) – Super Stars of the Day!

*****Coach Gilkey – Keep time for all stations*****